



# The Scoop

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## Ladies, it's YOUR time! May 10th—May 16th 10th Annual National Women's Health Week

### OFW Hosting May 11th Women's Health Week Kick-off Event

By: Carmen Moreno-Rivera

National Women's Health Week will be celebrated May 10-16 this year. I thought it appropriate to look at what may be in store for us as we move forward. On January 23rd, President Obama removed the "Global Gag" rule allowing healthcare providers to discuss the full range of options with pregnant clients - a restriction that was associated with family planning funds. He has also expressed a commitment to ensuring that all Americans have healthcare coverage; supports legislation that encourages research to examine gender and health disparities; is a champion for reproductive choice and opposes any constitutional amendment that will overturn Roe v. Wade; supports efforts to guarantee workers 7 days of paid sick leave per year; and introduced legislation to fight homelessness among veterans with a specific focus on treating women who may have been victims of sexual trauma. For the first time in quite awhile I feel like there is hope for a better tomorrow.

#### Ladies, it's YOUR time!

The 10<sup>th</sup> annual National Women's Health Week will be held Sunday, May 10<sup>th</sup> through Saturday, May 16<sup>th</sup> and the theme this year is "It's Your Time." The Louisville Metro Office for Women and the Norton Cancer Institute are partnering to provide mammography screenings, clinical breast exams and Pap smears to eligible women on May 11, 2009 during an event to kick-off Women's Health Week. The events during this week are designed to help women to improve physical and mental health as well as lower their disease risk through preventative care.

Although we are aware of how important it is to be healthy, many women tend to put themselves and their health last on the priority list. It seems there is always something more pressing to do—grocery shopping, school meetings, children's games and club meetings, and the list goes on and on. Women worry about the health and welfare of their families but ignore their own health issues. We keep putting our health issues and concerns to the side until, sometimes, it is too late.

This year, I challenge you to take the awareness and education provided during Women's Health Week and go one step further and **act on it**.

The National Women's Health Week [website](#), is an excellent place to look for ideas and guidelines on all kinds of women's health issues.



For example, you can find such information as:

- ◆ how long and what types of exercise to do each week;
- ◆ ways to manage stress; how to talk to your doctor about your health concerns; and,
- ◆ what types of preventative health care screenings you should be getting.

The information is out there and it can be used to educate and motivate yourself and other women about taking time out for their health. Learn how to talk with your doctor and be direct about the healthcare you are receiving and what you can do to improve your health through exercise and nutrition. Create an active listening environment and make sure to talk about those preventative health care screenings. Discover how to take mental health breaks and lower your stress level.

Become an advocate for your own health and use this year's theme as a guide. Remember ladies...

*It's your time to be physically healthy,  
It's your time to be mentally fit, and  
It's your time to take care of yourself!*

"From the first moment a woman dared to speak that hope -- dared to believe that the American Dream was meant for her too -- ordinary women have taken on extraordinary odds to give their daughters the chance for something else; for a life more equal, more free, and filled with more opportunity than they ever had. In so many ways we have succeeded, but in so many areas we have much work left to do." -- Barack Obama, [Speech in Washington, DC](#), November 10, 2005

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## X" Makes A Difference

### Did you know ...

Because women live longer than men, women have a higher rate of disabilities than men.

There is something we can do for health aging: Be more active. That means we "just say no" to a sedentary lifestyle.

Are couch potatoes doomed to a daily grind at the gym? Or to training for running a two minute mile? That's up to you.

Increasing your activity level could be simple and painless if you slightly alter your daily routine.

- ◆ Don't open the door and send that beloved pooch out in the yard on her own. Put her on a leash and show her off while you walk around the block.
- ◆ Join a walking group in your neighborhood... or start one.
- ◆ Love flowers? Plant a few flowers around your yard or start a garden. Planting, watering, and weeding will add activity to your routine.
- ◆ Frustrated when you can't find that perfect parking place? Park a little further away and congratulate yourself for adding a few more steps to your daily routine.

It is no longer a secret that women and men are affected differently by disease, medication, and medical treatments. What we often fail to realize is that women were excluded from most general medical studies. Supporters of the [Kentucky Women's Health Registry](#) believe many important questions regarding women's health remain unanswered because women were historically excluded from most medical research studies. What kind of important questions?

- ◆ Why do some diseases affect women more than men?
- ◆ Why do women respond to some drugs and treatment therapies differently than men?
- ◆ What environmental factors and behaviors most influence women's health?



### What is the problem?

In 1985 the [exclusion of women from medical trials](#) was noted as a problem. According to Sherry A. Marts, Ph.D., of the Society for Women's Health Research, "Women in the United States were routinely prescribed drugs that had not been tested for safety or efficacy in women, and there was little understanding of the differences between men and women that might result in differences in safety or efficacy of any medical intervention."

It wasn't until 1990 that the National Institute of Health required women and minorities to be included in all NIH-sponsored clinical research.

It took until 1994 for the guidelines to be changed and to require clinical trial outcomes be analyzed by the sex of the subjects. A review of studies published during the 1990s found that 20% failed to include women and of those that did only 25-30% provided study results by sex. In other words, the review of those studies showed the new guideline had little to no impact on publishing results that included [differences between men and women](#).

The problem of [insufficient data on women](#) continues: In May of 2008 "... a recent review of cardiology clinical trials where only 25 percent of all studies reported results by sex. As heart disease is the leading cause of death in women, it is dismaying that data from cardiovascular clinical trials are so limited," write Drs. Hayes and Redberg.

### How can you make a difference?

Kentucky women have an opportunity to make a difference by joining the [Kentucky Women's Health Registry](#). Take [the survey](#)! The registry seeks to fill the medical information gap for Kentucky women by registering all women in Kentucky. The process is voluntary and your information is confidential. Information about the registry, contact information for the registry, and facts about women's health is a click away on their site.

Only [seven counties have 100](#) or more women registered. Not quite 1,000 women from Jefferson County have registered. Let's double the registry!

### Remember:

We can't do it without you.

Ladies! It's Your Time!



If you haven't been living an active life, talk to your doctor. The U.S Department of Health and Human Services recommends a minimum of 20-25 minutes of moderate exercise per day or about 10 minutes a day of vigorous exercise. Plan for health aging, set some goals, and remember you are more likely to do the things you enjoy. Visit [Women'sHealth.gov](#) for more information on women's health and health aging.

## Upcoming Mayor's Community Conversations



Mayor Jerry Abramson

All Community Conversations begin at 6:30pm

Be sure to look for OFW at Community Conversations.

**Monday, May 18**  
Newburg Middle School  
Gym  
4901 Exeter Avenue  
[Map it](#)

**Monday, June 15**  
Ramsey Middle School  
Gym  
6409 Gellhaus Lane  
[Map it](#)

**Monday, July 20**  
Carter Elementary School  
3600 Bohne Avenue  
[Map it](#)



**Special Thanks** to Carmen Moreno-Rivera for her article on National Women's Health Week!

We appreciate her contribution to *The Scoop* on this important topic. We invite you to also be a contributing writer. [E-mail OFW](#) with your ideas on articles and topics.



## INTRODUCING: MARGARET COX & SENAIT MARELIGNE

The Office For Women is very pleased to have Margaret Cox as an intern while she prepares for graduate school. Margaret graduated from Pacific Lutheran University with a double major in History and Women's and Gender Studies. A Louisville native, she recently returned and is enjoying reconnecting to her hometown.

Margaret's primary focus in the Office For Women has been the Women's Health Week Kick-Off; coordinating information and details for the event, and identifying sponsors. Local businesses responded to Margaret's sunny disposition, enthusiasm, and positive attitude by providing door prizes and snacks for the Kick-Off. OFW and future door prize winners owe Margaret our thanks!



It is with great pleasure that the Office For Women announces Senait Mareligne has agreed to become our Volunteer Coordinator. Senait came to Louisville with her husband from Ethiopia several years ago and recently started her own business and has a small not-for-profit service. Now that her children are in school, she would like to volunteer more of her time in our community.

To volunteer for the OFW, fill out the brief [online form](#), confirm your submission and expect to hear from Senait very soon! She will begin coming into the OFW office at 810 Barret Avenue in early May. Senait's experience, work with people, organizational skills, and willingness to take on new projects will be a terrific asset to OFW.



## THANKS & CONGRATULATIONS: FELICIA MOHR

Felicia Mohr, a Bellarmine University student and political science major, completed her internship at OFW on April 17th. Felicia tracked legislation on women's issues at both the state and federal level

for OFW. She leaves us to begin a new internship in Congressman Yarmuth's office in mid-May. Thank you Felicia! And Congratulations!



## WHERE YOU WILL FIND THE OFFICE FOR WOMEN



Visit the [Kick-off event page](#) for details.



Visit [Champions 4 Her online](#).



June 13th: OFW will have their 3rd [Women For Habitat](#) team on a build site. Watch for the invitation to sign up.



July 16th OFW & Norton Health Care at the Marshall Education Center: A Conversation Café featuring a panel discussion on women and menopause moderated by Janet West. (details soon)



July 30th, Tori Murden McClure Watch the [OFW calendar](#) for details closer to the date. Among her many accomplishments Tori Murden McClure became the [First Woman to Row Across the Atlantic](#) in a row boat.



Celebrating Women's Equality Day (August 26th) with a Conversation Café. Watch the [OFW calendar](#) for details closer to the date.

**About OFW:** The Office for Women (OFW) vision is an interconnected community of champions working to improve the status of all women by bringing community members and organizations together to enhance collaboration, communication and coordination. Our focus is advocacy and public policy in the areas of Women's Health and Safety; Economic Well-being and Empowerment; and Investing in Girls and Young Women. OFW is an advocacy and public policy office of the Division of Family Services within the Louisville Metro Department of Housing and Family Services.







## OFW PARTNERS WITH LMPD AND GRADUATES FIRST WOMEN'S CITIZENS POLICE ACADEMY

The Citizens Police Academy is offered in an effort to educate the public about police services in order to foster understanding and community support and is part of the department's initiative to build partnerships.

Multiple sessions are offered throughout the year and for different populations:

- ◆ General Academy
- ◆ College Academy
- ◆ International Academy
- ◆ Latino Academy
- ◆ Deaf and Hard of Hearing Academy
- ◆ Women's Academy
- ◆ Youth Academy

All of these programs are successful with the help of the officers and the participants. All of the Academies are **free**.

To enroll in an Academy or request further information, contact the Louisville Metro Citizens Police Academy at (502) 367-7238 or [email](#) Officer Virola.

### LMPD RESOURCE LIST:

Click on the links below to learn more about LMPD programs and services that are available to help keep you informed:

[Patrol Divisions](#)  
[Fraud Alert](#)  
[Wanted Sex Offender](#)  
[Kentucky Sex Offender Registry](#)

[A.S.A.P. \(Armed Suspect Apprehension Program\)](#)  
[Internet Safety Tips](#)  
[Crime Prevention Tips](#)  
[Unsolved Murders](#)  
[MetroWatch Map](#)

On Monday April 27th, the OFW had the pleasure of taking part in the first graduating class of the WCPA! Twenty-seven women completed the 12 week session that included inside information on various LMPD specialty units. The five most popular topics were Computer Predators; Forensics; Evidence Technician Unit; Violent Crimes and the Mounted Patrol. I do have to share that I was most surprised by the number of those



women who volunteered for a drive stun demonstration – which is a minor, but somewhat painful, example of how a Taser feels.

The WCPA was such a positive experience that a majority of the women will



be continuing their involvement with LMPD via their [VIPS \(Volunteers in Police Service\)](#) and Citizens Police Academy Alumni Association (CPAAA) programs. In addition, there will be a WCPA Class #2 in 2010!

Special thanks to Officer Minerva Virola of the Community Relations Unit who so enthusiastically agreed to partner with OFW on this endeavor. Her personal commitment to LMPD and our community was professionally demonstrated in every class. Chief White, you have someone to be very proud of in Ofc. Virola!

## Equal Pay Day - April 28th: Wear Red

Why April 28th? [Equal Pay Day](#) is observed on the day each year when the average woman's earnings equal the average male earnings of the previous year. Women are "in the red" January 1, 2008 through April 28, 2009 when the average woman's earnings catch up to what the average male earned in 2008.

Why does it take so long? Because the national earnings for women equal seventy-eight cents for every dollar men earn. In Kentucky it takes a bit longer for women to catch up because the wage gap in Kentucky

is twenty-six cents, not twenty-two cents. Visit the [chart](#) to compare all states.

That's the reason [Lilly Ledbetter](#) sued [Good-year Tire Co.](#) Over time, even slightly lower wages impact the long term financial status of women by reducing raises, pensions, and Social Security benefits.

[More Thoughts](#)

[Get more information.](#)

